



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01155, Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Report Date: July 09, 2017 12:29 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 3.96 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Energy | kcal | 358 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| Energy | kJ | 1498 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Protein | g | 35.10 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Total lipid (fat) | g | 0.72 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Ash | g | 8.03 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Carbohydrate, by difference | g | 52.19 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/1976 |
| Sugars, total | g | 52.19 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01092 | 02/2009 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 1231 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Iron, Fe | mg | 0.31 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Magnesium, Mg | mg | 117 | 14 | 11.071 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Phosphorus, P | mg | 985 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Potassium, K | mg | 1705 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Sodium, Na | mg | 549 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Zinc, Zn | mg | 4.41 | 10 | 0.124 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Copper, Cu | mg | 0.041 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Manganese, Mn | mg | 0.020 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Selenium, Se | µg | 27.3 | 9 | 2.950 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.6 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Thiamin | mg | 0.413 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Riboflavin | mg | 1.744 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Niacin | mg | 0.891 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Pantothenic acid | mg | 3.230 | 34 | 0.068 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin B-6 | mg | 0.345 | 31 | 0.007 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Folate, total | µg | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Folate, DFE | µg | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2009 |
| Choline, total | mg | 167.8 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01092 | 02/2009 |
| Vitamin B-12 | µg | 3.99 | 17 | 0.327 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Retinol | µg | 4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Carotene, beta | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01092 | 02/2009 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Vitamin A, IU | IU | 15 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01092 | 02/2009 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2009 |
| Vitamin D3 (cholecalciferol) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01092 | 02/2009 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.470 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 4:0 | g | 0.026 | 4 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.006 | 4 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 8:0 | g | 0.007 | 5 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| 10:0 | g | 0.017 | 5 | 0.003 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.013 | 5 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 14:0 | g | 0.078 | 5 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 16:0 | g | 0.220 | 5 | 0.010 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:0 | g | 0.080 | 5 | 0.003 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Fatty acids, total monounsaturated | g | 0.190 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 16:1 undifferentiated | g | 0.021 | 5 | 0.002 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 18:1 undifferentiated | g | 0.156 | 5 | 0.004 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1993 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1993 |
| Fatty acids, total polyunsaturated | g | 0.030 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 18:2 undifferentiated | g | 0.018 | 5 | 0.004 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 18:3 undifferentiated | g | 0.011 | 5 | 0.003 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1993 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1993 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1993 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1993 |
| Cholesterol | mg | 18 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.495 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Threonine | g | 1.584 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Isoleucine | g | 2.124 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Leucine | g | 3.438 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Lysine | g | 2.784 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Methionine | g | 0.880 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Cystine | g | 0.325 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Phenylalanine | g | 1.694 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Tyrosine | g | 1.694 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Valine | g | 2.349 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Arginine | g | 1.271 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Histidine | g | 0.952 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Alanine | g | 1.210 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Aspartic acid | g | 2.663 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|----------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Glutamic acid | g | 7.350 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glycine | g | 0.743 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Proline | g | 3.400 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Serine | g | 1.909 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/1993 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |